

Anxiety has many faces. There's more than a dozen recognized categories of anxiety, but they all have one thing in common—they all get in the way of living your life. Written by psychologist and anxiety expert David A. Clark, this essential guide offers targeted, proven solutions to take charge of your anxiety—and your life.

*This is What Anxiety Looks Like* dives right into relatable case studies, using a story-based approach to help you overcome the thirteen most common causes of anxiety, so you can live with less worry and fear. Drawing on powerful and evidence-based cognitive behavioral therapy (CBT), and grounded in decades of research and clinical experience, Clarke offers real-world tips and strategies to help you find the relief you're seeking—starting right now.

With this guide, you'll also learn to:

- Identify the disturbing thoughts and habits that make your anxiety worse
- Use targeted skills to manage your symptoms
- Break the cycle of anxiety, worry, and catastrophic thinking

In our increasingly uncertain world, there's plenty to worry about. But you can move past the mental habits that shape your anxiety—no matter what it looks like.

**David A. Clark, PhD**, is a clinical psychologist and Professor Emeritus at the University of New Brunswick, Canada. He is author of several books on depression and anxiety, including *Overcoming Obsessive Thoughts*, *The Anxiety and Worry Workbook*, *The Anxious Thoughts Workbook*, and *The Negative Thoughts Workbook*. He has coauthored several books with the pioneer of cognitive behavior therapy, Aaron T. Beck.

Read by **Graham Rowat**



Runtime: 5h. • Unabridged

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The Playaway format is recommended for children ages 5 and up.



AUDIO

This  
is what  
anxiety  
looks  
like.

David A. Clark, PhD

Adult



**PLAYAWAY**  
THE ALL-IN-ONE AUDIOBOOK

